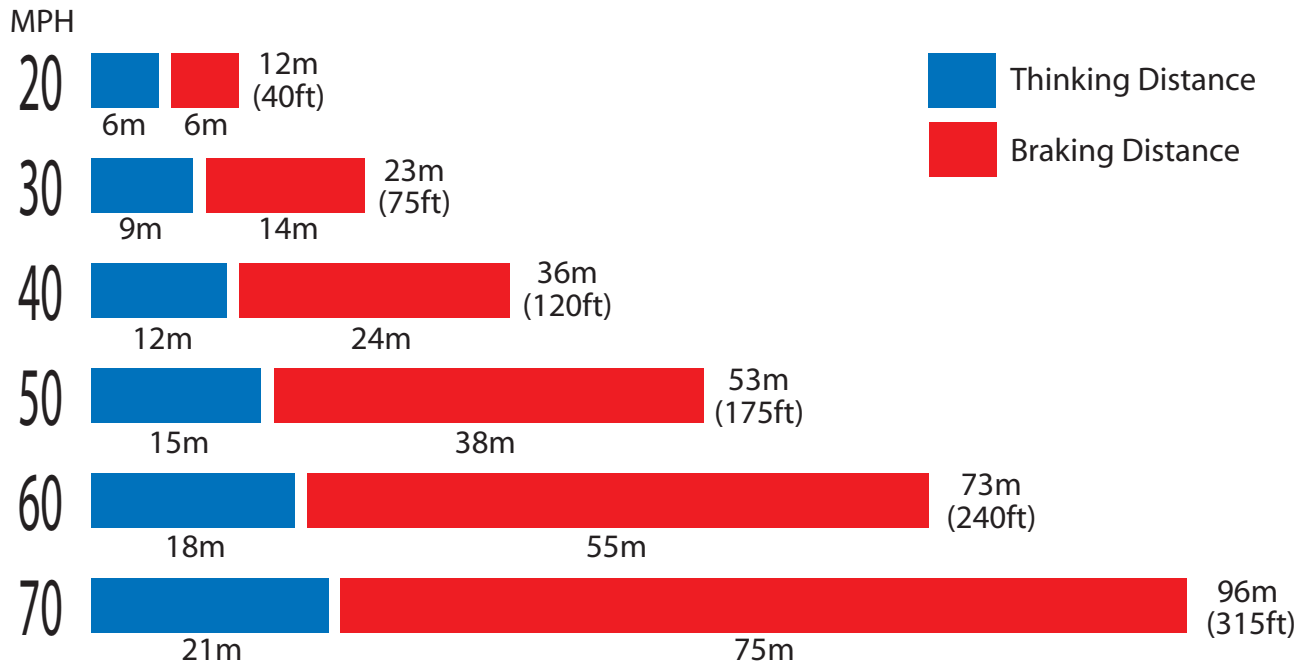


TYPICAL STOPPING DISTANCES



The Overall Stopping Distances are **DOUBLED** (x 2) for wet roads and multiplied by **TEN** (x 10) for snow and icy conditions.

Below is a chart showing a system for working out the **Overall Stopping Distance** in feet.

Example: 30mph x 2½ = 75ft

Thinking Distance in feet is the same as the speed travelling at.

Example: 30mph = 30ft think distance

To calculate the **Braking Distance** in feet just deduct the Thinking Distance from the Overall Stopping Distance

Example: 75ft - 30ft = 45ft

CALCULATION SYSTEM FOR STOPPING DISTANCES IN FEET

MPH	THINKING DISTANCE	+	BRAKING	=	OVERALL STOPPING DISTANCE	=	MPH x ?
20	20	+	20	=	40	=	20 x 2
30	30	+	45	=	75	=	30 x 2½
40	40	+	80	=	120	=	40 x 3
50	50	+	125	=	175	=	50 x 3½
60	60	+	180	=	240	=	60 x 4
70	70	+	245	=	315	=	70 x 4½

1m = 3.28 feet. For metres: divide measurement in feet by 3 and take the nearest answer.

SEPARATION DISTANCES

A reasonable rule to apply with good dry road conditions is a gap of **1 metre per mph** of your speed.

Example: 45mph = 45 metre gap.

To judge this gap a useful technique is the '**two second rule**'. When the vehicle in front passes an object, say to yourself - '**only a fool breaks the two second rule**' if you reach the object before you've finished saying it then your are too close.

If a vehicle travelling behind you has a gap of only 1 second, then increase the gap in front of you to 3 seconds.